

SPRING OFF-DUTY

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CAUSES OF SPORTS INJURIES

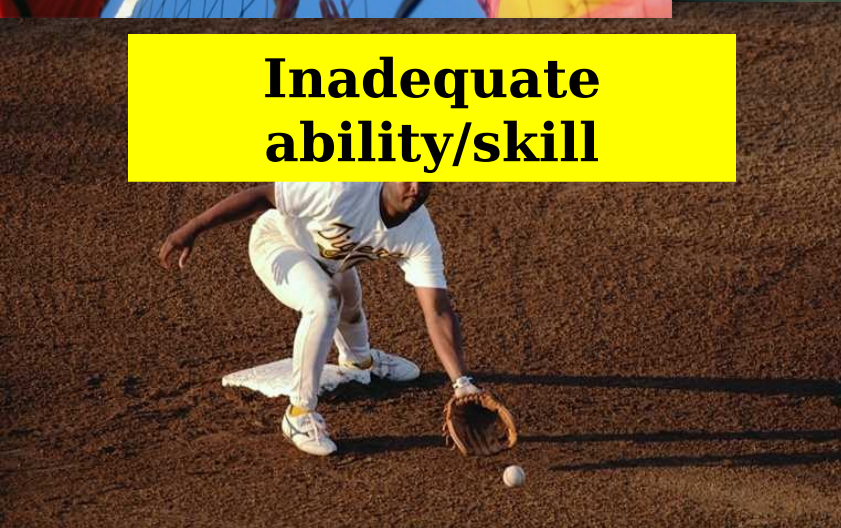
**Violation of
rules**



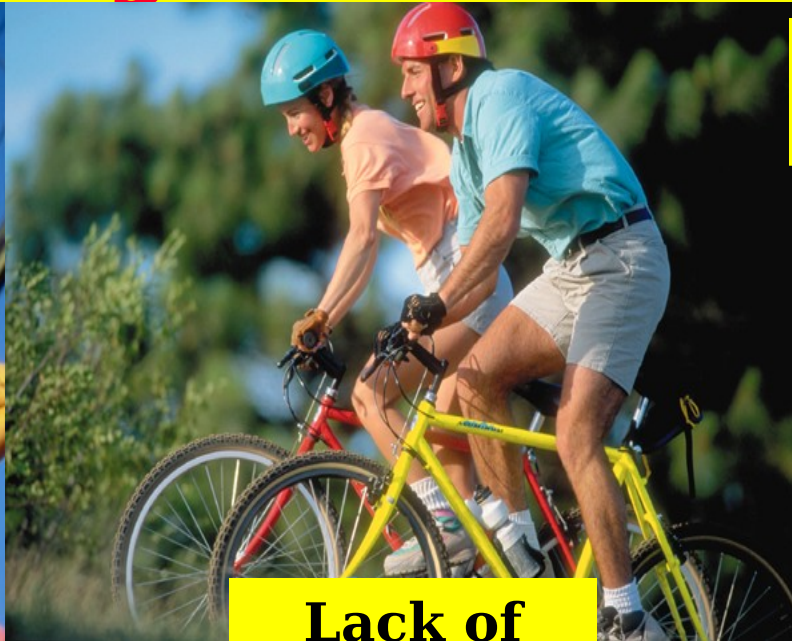
**Poor
conditioning**



**Inadequate
ability/skill**



**Lack of
PPE**



**No warm-up/cool
down**



SOFTBALL SAFETY EQUIPMENT

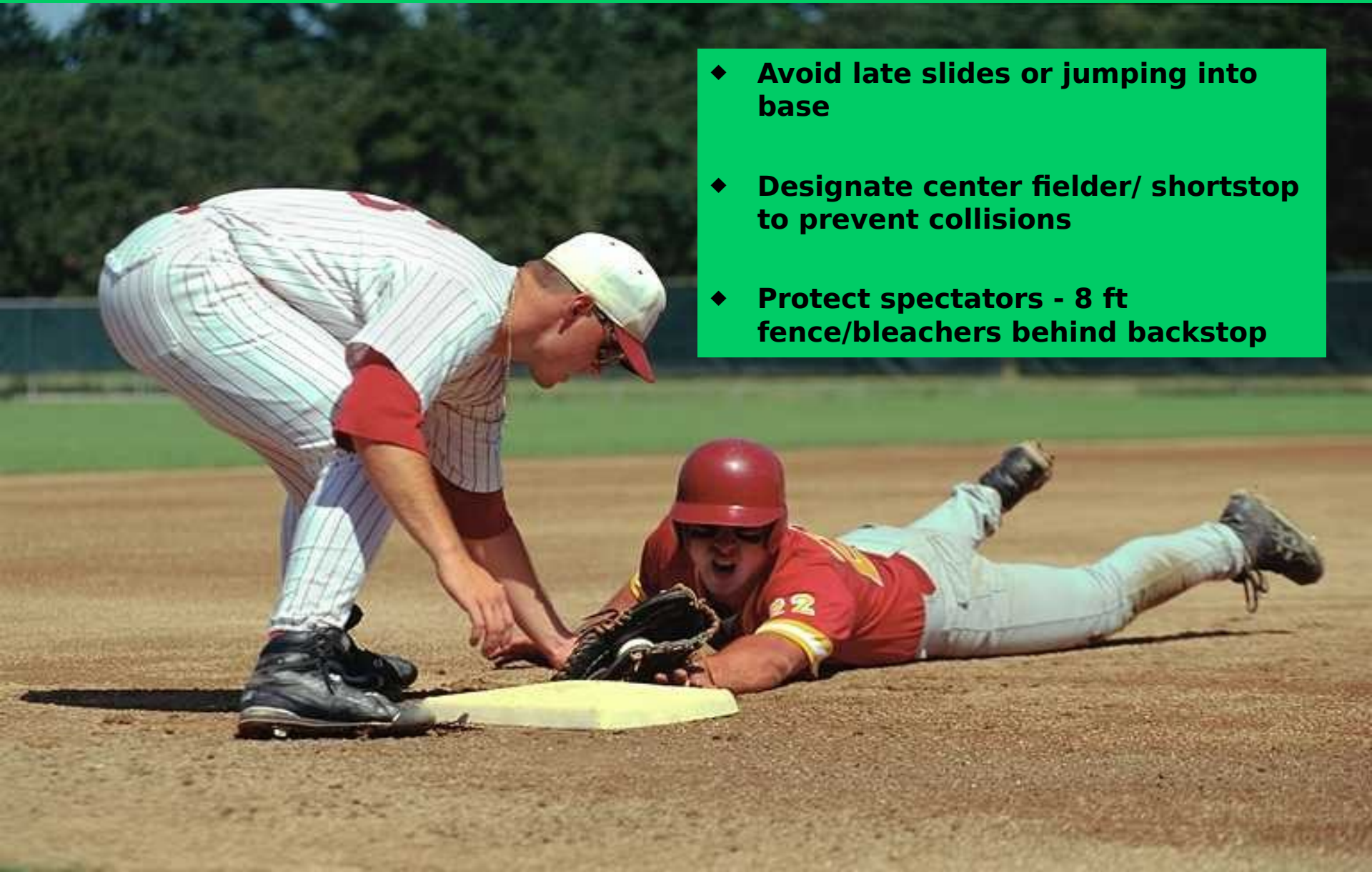
**MANAGE THE
RISKS**

- » Rubber cleats/tennis shoes
- » Break-away/safety bases
- » Handgrips on bats
- » Titanium bats prohibited
- » Warm-up/stretch



SOFTBALL SAFETY - RECOMMENDATIONS

- ◆ Avoid late slides or jumping into base
- ◆ Designate center fielder/ shortstop to prevent collisions
- ◆ Protect spectators - 8 ft fence/bleachers behind backstop



BIKING

Manage the risks

- **HELMET**
- **RIDE WITH TRAFFIC**
- **REFLECTIVE CLOTHING**
- **NO LISTENING DEVICES**



OFF ROAD DRIVING

Manage the
risks



- Required training
- PPE
- Familiar with equipment
- Stay on designated trails
- No alcohol



JOGGING SAFETY

MANAGE THE RISKS

- **Reflective gear**
- **No listening devices**
- **Jog against traffic**
- **Intake fluids at proper level**
- **Stay on sidewalk or open trail**



PARACHUTING SAFETY

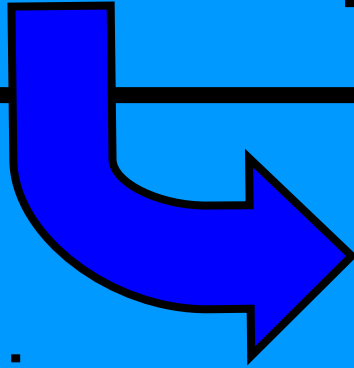
■ **Manage the risks** ■

- Training
- Certified riggers
- Automatic activation devices
- Round/square reserves
- Avoid radical landings



RACQUET SPORTS EYE PROTECTION

MANAGE THE RISKS



- **Wear eye protectors with lenses made of polycarbonate**
- **Ensure they comply with the Racquet sports approval list**



IN-LINE SKATING

Manage the risks

- » Helmet
- » Safety equipment
- » Learn how to stop
- » Smooth surface
- » No night skating
- » Not during peak traffic
- » No portable listening devices



NON-POWERED SCOOTERS

MANAGE THE RISKS

- **Helmet**
- **Personal protective equipment**
- **Learn how to stop**
- **Smooth surface**
- **Not during peak traffic**
- **No portable listening devices**



VOLLEYBALL SAFETY

- **CHECK FOR HAZARDS IN AND AROUND COURT**
- **WEAR PPE**
- **SUNSCREEN**
- **NO UNSPORTSMANLIKE CONDUCT**
- **NO ALCOHOL**



POISON PREVENTION

- **USE ORIGINAL CONTAINERS**
- **KEEP ITEMS OUT OF CHILDREN'S REACH**
- **KEEP EMERGENCY NUMBERS BY PHONE**
- **READ WARNING LABELS**
- **USE CHILD RESISTANT CAPS**
- **BUY NON-TOXIC PLANTS**



FIRE EXIT DRILLS IN THE HOME

**DON'T LET THE RISKS
MANAGE YOU**

- **CHECK SMOKE DETECTORS**
- **DEVELOP AN ESCAPE PLAN**
- **PRACTICE YOUR PLAN**
- **TWO WAYS OUT**
- **OUTSIDE MEETING PLACE**



LAWN MOWER SAFETY

- FOLLOW MANUFACTURER'S RECOMMENDATIONS
- WEAR PPE (SAFETY GOGGLES & SHOES)
- REMOVE OBJECTS BEFORE CUTTING
- PUSH; DO NOT PULL THE MOWER
- MOW Laterally across a slope, not up and down
- ON A RIDING MOWER, THE RULE IS JUST THE OPPOSITE

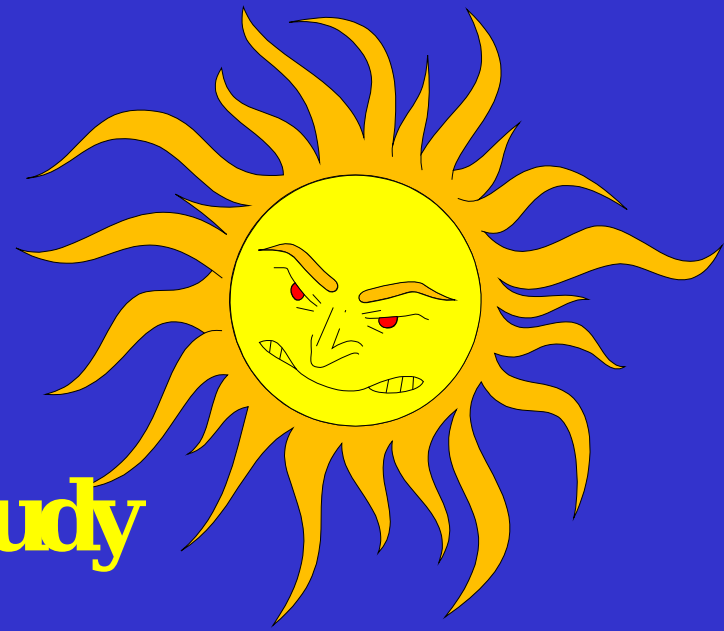


Home Maintenance/Repair

- Follow the manufacturer's safety recommendations
- Inspect power cords for cuts, frays and broken plugs
- Secure tools when not in use
- Use appropriate Personal Protective Equipment



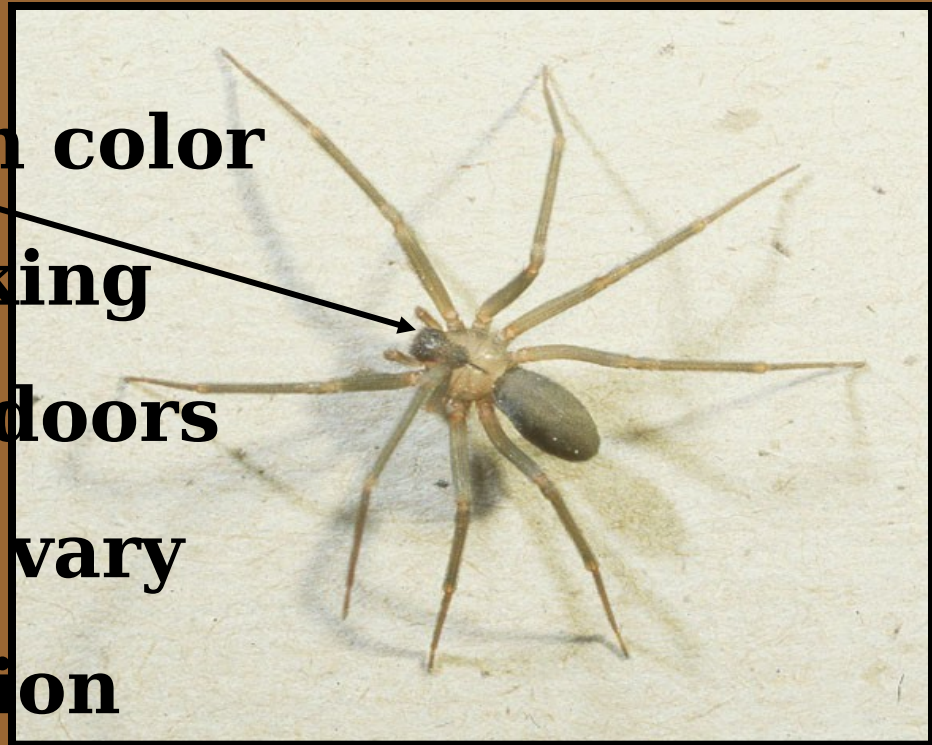
Wear Sunscreen



- Apply daily; even if it's cloudy
- Apply liberally; Re-apply per mfr's instruction; even if it's waterproof
- At least SPF 15
- Protection for UV-A and UV-B rays
- Don't use tanning salons

Brown Recluse Spider

- Midwest and Southern States
- 1/4 to 3/4 inches in length (dime to quarter size)
- Tan to dark brown in color
- “Violin/Fiddle” marking
- Lives indoors or outdoors
- Severity of bite may vary
- Seek medical attention



RISK MANAGEMENT

